



**The Challenged Sports Exchange (CSE) offers year round recreational programs and athletic activities for individuals with mental and/or physical challenges.**

**A**ge limitations and registration fees may vary with programs offered. At least one parent, guardian or provider must be on the premises at all times during any CSE activity or event unless that parent or provider has made prior arrangements with another adult or the CSE Program Coordinator to take responsibility for that participant. The Lynchburg Parks and Recreation Departments' CSE program is a cooperative program with the CSE Advisory Committee, Inc. and The Arc of Central Virginia.

To receive the quarterly newsletter or registration forms, please contact Barb Franz, CSE Program Coordinator, at (434) 455-5880 or (434) 444-3991. Information and forms may also be picked up at the Miller Center, 301 Grove Street.

## CSE Athletics



### CSE T-Ball Jr. League Ages 5 to 18

It's time to play fall ball with the CSE Jr. League T-ball team! No scores are kept and the name of the game is just plain fun. Players registered in Spring 2007 will

remain on the same teams for the fall session.

CR & NR \$25.00 — Only apply to participants not registered in the Spring of 2007  
Peaks View Park Softball Field #1

Activity #	Day	Date	Time
33002.301	Tu Th	9/4-9/27	6:00-7:00 pm

### CSE T-Ball/Softball Sr. League Ages 19 & Up

The CSE adult softball league is a non-competitive league that offers athletes the opportunity to participate on a team and be a winner each time they come up to bat. Players make new friends that will last a lifetime! Players registered in Spring 2007 will remain on the same teams for the fall session. Senior league teams play two out of three days on a rotation schedule.

CR & NR \$25.00 — Only apply to participants not registered in the Spring of 2007  
Peaks View Park Softball Field #1

Activity #	Day	Date	Time
33002.302	T W Th	9/4-9/27	6:00-8:00 pm

### CSE Hot Wheels Program Ages 10 & Up

Ladies and gentlemen, start your engines as we compete with Hot Wheels cars on a downhill track. Each participant will each receive Hot Wheels cars to compete against each other. Register by 10/2.

CR & NR \$10.00

Grace Church Gym, Timberlake Rd.

Day	Date	Time
Tu	10/9-10/30	6:00-8:00 pm

### CSE Basketball

Ages 5 and Up

Join CSE athletes as they enjoy the competition of half-court basketball games or just shoot hoops and practice their skills with the ball. Register by 10/24.

CR & NR \$20.00

Sandusky Middle School Gym

Activity #	Day	Date	Time
33004.301	Th	Nov. 1, 8, 15, 29	6:00-8:00 pm
	Th	Dec. 6, 13	6:00-8:00 pm
	Th	Jan. 17, 24, 31	6:00-8:00 pm
	Th	Feb. 7, 14, 21, 28	6:00-8:00 pm

### CSE Bowling Ages 5 & Up

When it's cold outside, it's time to join the CSE for an evening of bowling fun! Knock down the pins and have a great time! Twelve lanes are available and slots fill up quickly. Register by 10/26.



CR & NR \$28.00  
AMF Lynchburg Lanes

Day	Date	Time
Tu	11/6-11/27	6:00-8:00 pm

## Just for Fun

### CSE Monday Morning Movies

Join us for a monthly Monday morning movie. Popcorn and soda available at a minimal charge. Movies subject to change.

Open to the entire family — Free  
Miller Center Auditorium

Date	Time	Movie Title	Rating
8/27	10:30 am	Stranger Than Fiction	PG
9/24	10:30 am	Pursuit Of Happyness	PG
10/29	10:30 am	Astronaut Farmer	PG
11/26	10:30 am	Happy Feet	PG



### CSE Handbell Choir

Ages 12 & Up

Come join our choir! Participants will learn to play handbells and chimes by a color code system. Limited to three new participants. A concert will be held Friday, 11/30. Contact Lyn Long at (434) 237-0927.

CR & NR \$20.00

Grace Church Gym, Timberlake Rd.

Day	Date	Time
M	9/17-11/26	6:30-8:00 pm

### CSE Line Dancing Class

Ages 10 & Up

Get your boots shined up and put your dancing feet on! Join us for a fun-filled evening of line dancing with your friends. Register by 9/28.

CR & NR \$20.00

Grace Church Gym, Timberlake Rd.

Day	Date	Time
Th	10/4-10/25	6:00-8:00 pm

## Crafts

### Halloween Cookie House

Ages 10 & Up

Create your own haunted house with pre-baked cookie shapes. Choose one of three spooky designs to decorate. Class limited to 10 participants. Register by 10/5.

CR & NR \$20.00

Grace Church Room #3, Timberlake Road

Day	Date	Time
W	10/17	6:00-8:00 pm

### Christmas Snow Globe

Ages 10 & Up

Add something new to your holiday décor with these unique Christmas gifts. Class limited to 10 participants. Register by 11/21.

CR & NR \$10.00

Grace Church Room #3, Timberlake Rd.

Day	Date	Time
Tu	12/4	6:00-8:00 pm

### Christmas Glass Brick with Lights

Ages 10 & Up

Use mini-lights and ribbons to create a sparkly Christmas package to enjoy. Class limited to 10 participants. Register by 11/21.

CR & NR \$20.00

Grace Church Room #3, Timberlake Rd.

Day	Date	Time
Tu	12/11	6:00-8:00 pm

### First Annual Santa Shop & Craft Show

Help support the CSE by starting your Christmas shopping early. Find unique gifts as you browse through craft booths, then buy a delicious lunch from local vendors.

Grace Church, 21129 Timberlake Road

Day	Date	Time
S	11/17	9:00 am-4:00 pm

Craft vendors are needed for this event.

For more information, please contact:

Bethel Thomas (434) 821-1420

Sherry Johnson (434) 832-1325

Cindy Davis (c) (434) 385-1483 (h) (434) 444-4189

